

2012 Course Dates & Locations

Pilates

Utilizing Pilates Principles to Enhance
Rehabilitation Outcomes

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Presented by
Sara Koveleski Kraut, DPT

North American Seminars, Inc.

1-800-300-5512

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Recommended Course Resource

★★★★ **Therapeutic Pilates DVD**
Recommended resource

Master the exercise techniques and concepts presented in this class. Filmed in High Definition, this DVD contains over 80 exercises performed by Sara Koveleski-Kraut. This product is specifically designed for the therapist and is not a follow-along exercise DVD. Instruction will assist the therapist in designing a Pilates-based treatment program to the orthopedic, neurologic, and/or geriatric patient for improved functional outcomes. This DVD contains interactive menus which allow for greater study of individual exercises and techniques. With course registration \$59.95. Free Shipping, if sent to the course site. DVD must be purchased with registration and is not available at the course site. This DVD is not a required purchase for course attendance. See www.healthclick.com for more details.

★★★★ **A must have for every therapist**

Day One

7:30	8:00	Registration
8:00	8:45	Introduction to the Concepts and History of Pilates <ul style="list-style-type: none">• What is Pilates• History of Pilates• Benefits of Pilates
8:45	9:30	The Principles of Pilates <ul style="list-style-type: none">• Breathing• Control and Precision• Alignment and posture• Movement a integration
9:30	10:15	Review of Core Musculature <ul style="list-style-type: none">• Abdominals• Back• Hips
10:15	10:30	Break
10:30	12:00	Basic Mat Exercises (Lab) <ul style="list-style-type: none">• Warming up for core stabilization• Preparatory exercises• Exercises for the general population
12:00	1:00	Lunch (On your own)
1:00	2:00	Basic Mat Exercises (Lab) <ul style="list-style-type: none">• Emphasis on teaching• Use of proper cues
2:00	3:30	Advancement of Mat Exercises (Lab) <ul style="list-style-type: none">• Higher level core stabilization• Patient specific exercises
3:30	3:45	Break
3:45	6:15	Clinical Considerations <ul style="list-style-type: none">• Postural deficits• Women's health issues• Osteoporosis• Indications/contraindications• Patient appropriateness <p>neuro considerations</p> <ul style="list-style-type: none">-Multiple sclerosis-Parkinson's disease-Gait disorders-Ataxia/balance disorders <p>Patient Appropriateness</p> <p>Orthopedic considerations</p> <ul style="list-style-type: none">-Postural disorders-Chronic low back pain-Sacroiliac joint instability-Arthritis-Muscle tightness-Mal-alignment issues-Overuse injuries <ul style="list-style-type: none">• Documentation• Reimbursement

Day Two

8:00	9:15	Group Pilates Mat Class(Lab) <ul style="list-style-type: none">• Leading group through systematic exercises• Review of basic and intermediate exercises
9:15	12:00	Pilates with Small Props <ul style="list-style-type: none">• Pilates Ring• Foam rolls• Swiss ball• Resistance bands
12:00	1:00	Lunch (On your own)
1:00	1:45	Evidence-Based Practice of Pilates in Rehabilitation <ul style="list-style-type: none">• Current research of Pilates exercises as treatment options in the rehabilitation setting• Types of exercises• Effectiveness of Pilates• Comparison to other forms of exercises• Evidence of specific benefits of Pilates (e.g. posture, flexibility, BMI, balance)• Use of Pilates with various patient populations (acute, outpatient, neuro, geriatric, orthopedic)
1:45	2:45	Case Studies <ul style="list-style-type: none">• Orthopedic case presentation• Neurological case presentation• Pre-natal/ post partum case presentations• Post surgical case presentation• Group discussion
2:45	3:15	Questions/review



About the Educator

Sara Koveleski Kraut, DPT, is the owner of Advanced Physical Therapy & Health Services in Park Ridge, Illinois, where she treats a variety of neurological, orthopedic, and vestibular conditions. Sara has developed successful treatment programs for her patients that focus on current concepts in the health and fitness world and findings from evidence-based research. She incorporates her philosophy of "total health and well-being" when developing her comprehensive rehabilitation programs. Dr. Koveleski Kraut established a successful clinic by effectively communicating with local physicians and providing individualized treatment plans for her patients resulting in successful outcomes.

Sara earned her Doctor of Physical Therapy degree from Rosalind Franklin University of Health Sciences in North Chicago, Illinois. Upon graduation, she received an award for excellence in clinical education. She frequently returns to the university as a guest lecturer giving classes on Pilates and functional neurological treatments. She also provides local community education regarding health and rehabilitation issues. Sara is also an active member of the APTA.

Aside from her professional involvement in physical therapy, Sara stays active in the health and fitness world. She is an AFAA-certified group fitness instructor and an ACE-certified personal trainer. She has received advanced training in Pilates from Polestar Education, Bally Total Fitness, and From The Center of Chicago. She completed the intensive Pilates Teacher Training Program, *From the Center of Chicago*, with Patrick F. O'Brien, Jr. She continues to teach group exercise classes at Bally Total Fitness, including Pilates, Yoga, and kickboxing. Sara also works with Bally Total Fitness in the media and has promoted health and fitness at local Chicago events, including the Taste of Chicago, the NBC Health and Fitness Expo, and local news reports. She has also participated in several marathons. She incorporates her healthy, active lifestyle into the development of comprehensive rehabilitation programs.

For additional course dates and information
www.healthclick.com/courses/nas25.cfm

Why You Should Attend This Course

This two-day course is designed to help medical professionals gain basic knowledge of Pilates theory and principles and be able to integrate it into their rehabilitation programs. The core stabilizing muscles will be reviewed, as well as how core stabilization is important to functional activities and activities of daily living. The lab portion will be devoted to learning, properly executing, and cueing Pilates mat exercises. Small apparatus, including foam rolls, Swiss balls, and rings, will be used during lab exercises for modifications and advancements. Application of the Pilates principles and exercises will be discussed for orthopedic, neurologic, and geriatric patient populations. Further discussion of case studies and current research will demonstrate how a Pilates-based treatment program can help improve core stabilization, balance, coordination, postural awareness, strength, flexibility, and mobility. Upon completion of this course, the clinician will be able to immediately integrate their knowledge in the clinical setting to provide a Pilates-based treatment program to the orthopedic, neurologic, and/or geriatric patient for improved functional outcomes.

Course Objectives

Upon completion of this course, participants will be able to:

- Demonstrate an understanding of the history and evolution of Pilates.
- Describe the principles of Pilates and their applications.
- Understand the benefits of Pilates specifically in the rehabilitation setting.
- Actively demonstrate and teach basic Pilates mat exercises that can be implemented in the rehabilitation setting.
- Enhance functional outcomes by utilizing Pilates principles for patient's presenting with symptoms such as, gait disorders, ataxia and/or balance disorders.
- Improve balance, stability and core strength in the geriatric population and in patients with a diagnosis of multiple sclerosis or Parkinson's Disease.
- Utilize Pilates exercises to enhance outcomes for orthopedic issues, such as overuse injuries, arthritis, postural disorders, mal-alignment issues, low back pain and sacroiliac joint instability.
- Demonstrate and teach Pilates exercises with use of small props, such as foam rolls, rings/circles, and Swiss balls.
- Understand proper progression of the mat exercises with discretion of patient appropriateness.
- Discuss the latest evidence for integrating Pilates in the orthopedic and neurologic and geriatric populations.

Certificates of attendance are provided upon successful completion of the course.

For therapists licensed in District of Columbia, Florida, Illinois, New York or North Carolina, this course is 18 contact hours/1.8 ceus

This course is 15.0 contact hours/1.5 CEUs for therapists licensed in other states

NAS is approved by the IDPR to provide ceus for physical therapists and assistants licensed in Illinois. IL PT Provider #216000074. This course meets the continuing education requirements for physical therapists in the States of Alaska, Colorado, Connecticut, Idaho, Indiana, Massachusetts, Missouri, Montana, New Hampshire, North Carolina, Oregon, Rhode Island, Utah, Vermont, Virginia, Washington and Wisconsin. NAS is approved by the IDPR to provide ceus for physical therapists licensed in Illinois. IL PT Provider #216000074. The Maryland Board of Physical Therapy has approved this course for 1.5 CEU's. The Pennsylvania State Board of Physical Therapy has approved this course, approval # PTCE002495 (15GEN). This course meets the ceu requirements set forth by the District of Columbia Board of Physical Therapy for physical therapists and has been approved for 18 contact hours/1.8 ceus for therapists licensed in DC approval #DC-1083. The New York State Education Department, Office of the Professions has approved NAS as a continuing education sponsor for physical therapists and assistants licensed in New York. This course meets the ceu requirements set for th by the New Jersey Board of Physical Therapy, call for approval number. The California Physical Therapy Board has approved North American Seminars, Inc. as an approval agency to approve providers offering continuing competency courses. This course meets the standards set forth in section 1399.96 of the California Code of Regulation and is approved for 15.0 hrs, 1.50 CEU's for physical therapy continuing competency license renewal requirements in the State of California. approval # PTNAS-201456. This course meets the continuing education requirements for OT license renewal in the State of California. This course meets the ceu requirements specified in the Utah Physical Therapy Practice Act Rule. The Nevada Board of Physical Therapy examiners has approved this course for 1.5 continuing education units. North American Seminars, Inc. is an AOTA provider for continuing education. AOTA does not endorse specific course content, products, or clinical procedures. The Alaska, Arkansas, Illinois, Kentucky, Louisiana, Missouri, Montana, Maryland, Minnesota, Mississippi, Texas, Oregon, Tennessee, New Hampshire, Nevada, South Carolina, North Carolina, Virginia, Vermont, Delaware, District of Columbia, Rhode Island and Ohio occupational therapy regulatory boards accept courses presented by AOTA providers to meet the needs of OT continuing educational requirements. FL OT approval # 50-1442. AOTA Provider #4487. BOC Provider #P2047

Registration Form

Pilates Principles

Course Tuition: \$425.00
\$484.95 with Therapeutic Pilates Course DVD

Send tuition to: North American Seminars, Inc.
 2000 Mallory Lane Suite 130-67 Franklin, TN 37067
1-800-300-5512 Fax 1-800-310-5920 www.healthclick.com



Name _____ Profession _____

Home _____

Address _____

City _____ State _____ Zip _____

Credit Card _____

Exp.date _____ Phone (required) _____

e-mail (required) _____

Location of attendance _____

All cancellations must be submitted with written notice and received 14 days prior to the course date. Refunds and transfers minus the deposit fee of \$75.00 are provided until 14 business days prior to the course date. No refunds will be issued if notice is received after 14 days prior to the course date. North American Seminars, Inc. reserves the right to cancel any course and will not be responsible for any charges incurred by the registrant due to cancellation. A full course tuition refund will be issued if NAS cancels the course. NAS reserves the right to change a course date, location or instructor. No refund will be issued if course is in progress and is interrupted by an Act of War or God or issue beyond our control. NAS, Inc. will not be responsible for any participant expenses other than a course tuition refund for course cancellations.